

# Senior Center Gazette

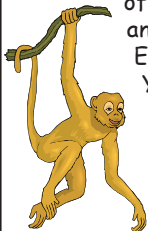
August

2002

## USS Hornet Big Band Provides Summer Dancing

Dr. David Coffing and the USS Hornet Big Band will provide terrific dance music in August on Thursday afternoons at 2:45 p.m. The band plays on the USS Hornet every Sunday during the spring and summer seasons, and has played at the Alameda County Fair and Fleet Week in San Francisco. The band is popular for its Big Band sound of the 1940's. Do come and enjoy the sweet sounds of the USS Hornet Big Band!

**Birthday Party!** Friday, August 9, 1:30 pm - Wild Things - Animals for All to See. Wild Things naturalists bring interesting birds and animals for all of us to learn about. Previous animal visitors have included birds of prey, an owl, a monkey, iguanas, and other amazing creatures. Everyone is welcome to attend. You don't have to be a birthday boy or girl to enjoy the festivities! After Wild Things, birthday cake, ice cream, and coffee will be served in the dining room. Everyone celebrating an August birthday is eligible for prizes in the August Birthday Drawing.



## Riley's Special Dinners for Central Park Concert Nights

Thurs., Aug 8, 5:00 p.m., BBQ Dinner-\$5.00, 6:30 p.m., Park Concert: The Fundamentals - dance and party music  
Thurs., Aug 22, 5:00 p.m., Cajun Dinner-\$5.00, 6:30 p.m., Park Concert: Flambeau - Cajun & zydeco, funky blues

## Speakers in August

**Tuesday, August 13, 12:45 p.m., Donna Ivy, Family First**, will be speaking on Estate Planning including the benefits of living trusts and how to avoid the expense and time requirements of probate.

**Tuesday, August 27, 12:45 p.m., Dr. Philbert M. Lee, D.C.** will be speaking on "Stress and How It Can Effect Your Body." Dr. Lee will discuss how everyday activities affect your spine and body and give several tips on keeping yourself healthy. Dr. Lee recently did an excellent training for Senior Center Staff on how to move and set up furniture and supplies, and healthy cleaning techniques to avoid back injuries.

## TRIPS 2003 - Introducing Great Adventures in 2003!

Our trip flyers are now available! Previewed this month are Highlights of Northern Italy, Our American Heritage, and A Canadian Rockies Adventure. In future issues, we will preview the day trips, Catalina Island in September, and England and Scotland in June.

## COMMUNITY SERVICES

SENIOR SERVICES .....	494-4550
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Caregivers Support .....	494-4268
Local van group trips for shut-ins .....	790-6607
Tri-City Elder Coalition .....	494-4896
LIFE ELDERCARE .....	494-4590
Home Services Registry .....	494-4576 or 494-4583
Meals on Wheels .....	494-4588
Friendly Visitor Program .....	494-4584
PARATRANSIT VAN Fremont/Newark .....	1-800-555-8085
Union City of Fremont .....	471-3232
HOUSING ASSISTANCE .....	494-4500
LEGAL ASSISTANCE FOR SENIORS .....	1-800-393-0363
SOCIAL SECURITY .....	1-800-SSA-1213
MEDICARE .....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP) .....	839-0393
TRI-CITY HEALTH CLINIC .....	713-6685
SENIOR LIBRARY SERVICES .....	745-1499 or 745-1491
SENIOR PEER COUNSELING .....	494-4818
ALZHEIMER ASSOCIATION HOT LINE .....	1-800-660-1993

**Highlights of Northern Italy - Tuesday, October 7 through Thursday, - October 16, 2003** - experience 10 exciting days in the Tuscany region of Italy including seven nights at the Grand Plaza Hotel in Montecatini and two nights at the Hotel Riviera-Lido in Venice. A day trip from Montecatini to Pisa includes the Square of Miracles, the leaning tower, the Cathedral, the Baptistery, and the Opa Museum. A day excursion to Florence will include the Accademia Museum, Giotto's Belltower, Ghiberti's famous Gates of Paradise and the enormous dome that dominates the city. You may also spend the afternoon shopping at your leisure in this city famous for its leather goods and art. The next day will be spent in an excursion to Sienna and San Gimignano, a well preserved medieval village. In Sienna you will visit the Piazza del Campo to learn about this ancient art town. Day Six will be spent in Montecatini where you may visit one of the seven different spas located there. You may also enjoy a scenic Funicular ride to Montecatini Alto and other activities in this quaint town. Day Seven we visit the Cinque Terre Coast, Rapallo, Tigullio, and Santa Margherita, all elegant and lovely towns on the beautiful Italian coast. There will be a short boat trip to two charming fishing villages. The final two days will be spent in Venice, visiting St. Mark's Basilica, the lavish Doges' Palace, Venetian Glass Blowers, and the Bridge of Sighs. You will have an unscheduled day on your own to visit the surrounding islands or for other independent sight-seeing. Return home the next day with memories of an incredible country with wonderful people, great food, and unforgettable sites.



Vernon, Colonial Williamsburg, the first English colony of Jamestown, Yorktown, Shenandoah Valley and the Blue Ridge Mountains, & Charlottesville. Accommodations include four nights at the Hotel Washington, just one block from the Whitehouse, two nights at the Embassy Suite Hotel in Colonial Williamsburg, and one night at the Omni Hotel in Charlottesville. Among the numerous sites in Washington D.C. to be visited are the National Capitol, Library of Congress, National Cathedral, Arlington Cemetery for the Tomb of the Unknown Soldier and the Kennedy Gravesites, the Lincoln and FDR Memorials, The Smithsonian Institution, and the Viet Nam Memorial. Other historical sites of note will be Monticello, home of Thomas Jefferson, and Yorktown, where George Washington accepted the surrender of Cornwallis and the British Army in the American Revolution. Don't just read about American History - experience our country's heritage first hand!

**A Canadian Rockies Adventure - Sunday, May 18 through Saturday May 24, 2003** an eight-day tour of Western Canada's most beautiful sites. Vancouver is the first stop with visits to Chinatown, Old World Gastown, Stanley Park and Queen Elizabeth Park. On the second day you will ferry to lovely Victoria for a tour of the city and Inner Harbor and the enchanting Butchart Gardens. Next we board the Rocky Mountaineer Red Leaf Service for a two-day, all day-light trip through the glorious Canadian Rockies, with a one night stop in Kamloops. Banff and Jasper National Parks are visited, with the Columbia Icefield, Athabasca Falls, and beautiful Lake Louise. Departure from the Canadian Rockies will be from Calgary back to the Bay Area.

## Coming Next Month -

September Birthday Party Entertainment by Edna Gamba and The Fremontaires. Speakers, Gloria Romeo on Growing Up in the Deaf Community, and Dr. Philbert Lee, D.C. "Stress and How It Can Effect Your Body" Part 2.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 494-4551 or (510) 494-4862.